

**2<sup>nd</sup> Statewide Refugee Mental Health Summit**  
**Hilton Short Pump Hotel and Spa**  
**Richmond, Virginia**  
**July 28, 2015**

## **Mental Health Prevention in the Refugee Population**

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Presentors

### **Objectives**

At the end of this session, the participants will be able to:

1. Create awareness about the need of mental health in the refugee population.
2. Develop linkages and networking among the refugee support professionals in the Commonwealth.
3. Provide resource to bring mental health prevention to refugee communities statewide.

## Mental Health

- What does it mean to you?
- What does it mean to your community?

## Mental Health

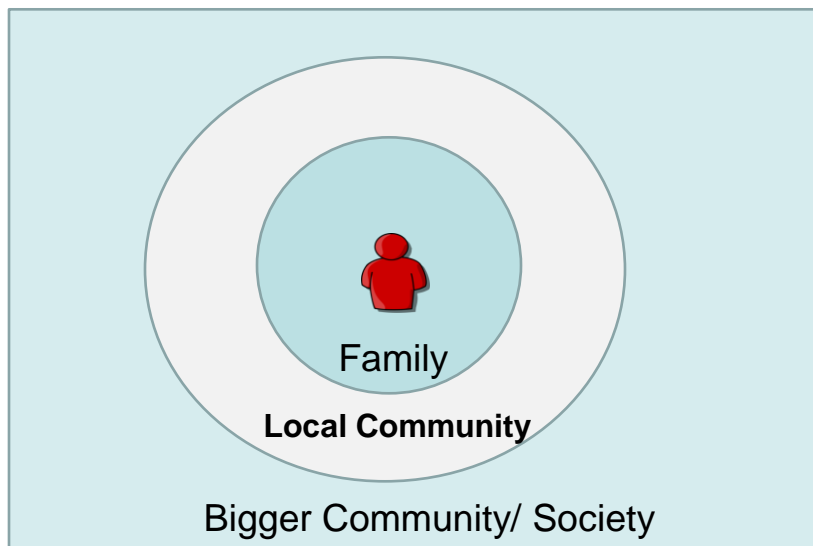
Mental health is defined as a state of well-being in which every individual realizes his or her own potential, **can cope with the normal stresses of life**, can work productively and fruitfully, and is able to make a contribution to her or his community. (World Health Organization)

# Mental illness

... refers to a wide range of mental health conditions — disorders that affect **mood, thinking** and **behavior**.

Many people have mental health concerns from time to time., but **a mental health concern becomes a mental illness when ongoing signs and symptoms cause frequent stress and affect one's ability to function.** (Mayo Clinic)

## Conceptual Framework



## Core concepts

- Mental health varies across individuals and cultures.
- Mental health is a continuum that ranges from mental wellness to mental illness.
- Mental illness is a continuum that ranges from mild, moderate, severe, to crisis situation.
- Mental health issues can be co-existing or can be independent from each other.

## **DBHDS and MH prevention initiatives for the refugee population in Virginia**

- ✓ Mental Health First Aid
- ✓ Question, Persuade, Refer  
Gatekeeper Program
- ✓ Community Mental Health Awareness  
Session

## What is Mental Health First Aid?

- It is an 8-hour training so people can properly respond to mental illness situations just like any trained first aiders can properly respond to physical injury situations.
- It has a training for the adults and a training for the youth
- It is an evidence-based program
- The curriculum and can only be taught in English.

## What is QPR Gatekeeper Program? (Question, Persuade, Refer)

The QPR Gatekeepers Program

- Is 1 to 4 hour training, depending on the objectives.
- A suicide prevention program that develops a network of helpers called gatekeepers
- This gatekeepers “community” is vital in the suicide prevention effort
- The training can be delivered in English or the language of the target population.

# What is Community Mental Health Awareness Session

## (CoMHAS) ?

- This module introduces mental health to the community
- This module bridges the gap in mental health concept, practices, and care between what refugees have in their place of origin and what it is in the United States.
- This can be used as a pre-session and pre-registration for individuals in the community who are interested in mental health prevention
- **MHFA or QPR is offered as the next step.**

## Group Activity (10 minutes)

**Identify a target population** that you can easily organize to introduce the concept of mental health.

**Choose** which one is the most appropriate for this population.

Write down the **possible resources/contact persons**.

**Write down the 1<sup>st</sup> 3 steps** that you will do to make this happen.

**Sharing.** Each group will share with the big group about their plans so we can learn from each other.

## Questions?



## Review of Objectives

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3. Provide resource to bring mental health prevention to refugee communities statewide.

To request for support in developing  
mental health prevention sessions or  
to request training for your refugee  
community, contact:

**oclc@dbhds.virginia.gov**

*Thank you.*

